

community centers directory / 2016

MY PARK

IS MY

GYM

LITTLE ROCK



Parks & Recreation

www.lrpr.org / 501.371.4770

"A City In A Park"

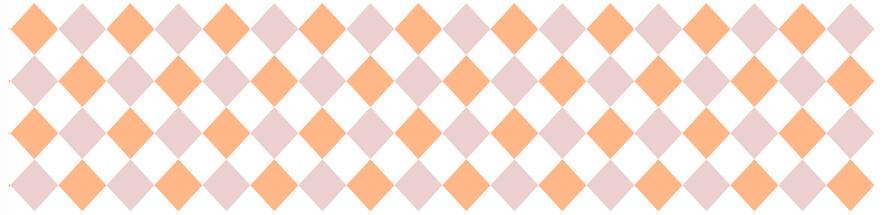
L I T T L E R O C K



Parks & Recreation

WWW.LRPR.ORG / 501.371.4770

"A City In A Park"



Follow us for updates, photos and more information.

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Mission Statement

To create a meaningful parks and recreation system that provides quality leisure services, promotes the natural environment, local economy and the health of the community and strengthens the diversity of a democratic society.





BENEFITS OF COMMUNITY CENTERS

TAKE CARE OF LATCH KEY CHILDREN — EDUCATE

Good news for working parents! Many communities' parks and recreation agencies provide after school and summer child care.

CONTROL WEIGHT, LOOK BETTER, BUILD STRONG BODIES

Sports participants have significantly lower body mass index values, lower blood pressures, and lower resting pulse rates. The physically fit person is less prone to injury, and is less likely to experience depression.

LOWER CHANCE OF DISEASE — DECREASE INSURANCE PREMIUMS — LIVE LONGER!

Childhood participation in organized fitness and sports programs helps attain higher bone density establishing a strong health base to combat osteoporosis in later life. An estimated 66,000 U.S. deaths from coronary heart disease, colon cancer and diabetes could be prevented annually if one half of the sedentary people became active on a regular basis.

BUILD SELF-ESTEEM

When young people feel good about themselves they operate more effectively and productively in our communities, families and schools. Our programs teach the importance of trust, supportive social interaction and personal challenge while creating valuable life long memories.

REDUCE STRESS — RELAX!

Positive and enjoyable recreation experiences can decrease stress and psychological tensions. Leisure activities provide people with the opportunity to expel energy and emotion not being released in other aspects of their lives.

PROMOTE SENSITIVITY TO CULTURAL DIVERSITY

Social interaction through recreation breaks down unfamiliarity, fear and isolation, and promotes positive contact between different ethnic groups and the broader community. The strength of a community is increased through recreation activities that allow people to share cultural and ethnic differences.



BENEFITS OF COMMUNITY CENTERS

INCREASE COMMUNITY PRIDE — STRENGTHEN NEIGHBORHOOD INVOLVEMENT

Community pride is generated through leisure and park facilities. When communities compare themselves to one another, eager to improve, they almost always evaluate their levels of open space, recreation facilities, and leisure program development.

REDUCE CRIME, DIMINISH GANG VIOLENCE, PROVIDE SAFE PLACES TO PLAY

The bottom line: it costs 100 times as much to incarcerate that to recreate.

MEET FRIENDS — CREATE MEMORIES!

A child develops social skills, problem solving and creativity through early play experiences. The best opportunities are those that are planned and supervised. Physical activity is intellectually stimulating and enhances the learning process and the development of cognitive skills.

LOWER HEALTH CARE COSTS

Physically active older people typically benefit from lower blood pressure, increased muscle strength, joint flexibility, and lower total cholesterol levels than do less active people. Leisure activities can create new social relationships for Seniors.

ENHANCE RELATIONSHIP SKILLS — TEACH VITAL LIFE SKILLS

Afterschool sports, as well as arts and craft classes enlighten children about the concept of team play: Together Everyone Achieves More.

Positive conflict resolution is a skill which can be applied all life long. Appropriate risk taking, and a healthy sense of competition and sportsmanship can substitute for violent confrontation related to gang activity.

The benefits are endless!



Dunbar Community Center

1001 West 16th
Little Rock, AR 72206

(501) 376-1084
Est. October, 1954

Staff

Sedric Mayfield, Facility Supervisor
Carol Bealer, Recreation Programmer
Jeff Calaham, Recreation Programmer
Jeremy Dotson, Recreation Programmer
James Bowen, Maintenance
Doc Sampson, Maintenance
Charles Baird, Activity Supervisor
Cheryl Banks, Receptionist
Barbara Caffey, Receptionist

Hours of Operation

Monday-Thursday

9:00am—9:00pm

Friday

9:00am—6:00pm

Facility Amenities

- Full court gymnasium
- Banquet Hall
- Computer Lab
- Exercise Room
- Kitchen
- Arts & Crafts Room
- Meeting Rooms
- Game Room



Southwest Community Center

6401 Baseline Road
Little Rock, AR 72206

(501) 918-3974

Est. June, 1994

Staff

Michael Harris, Facility Supervisor

Ray Kimbrough, Senior Recreation Programmer

Charles Thomas, Recreation Programmer

Niketa Tucker, Recreation Programmer

Keith Jordan, Maintenance

Robert Ford, Maintenance

John Peterson, Activity Supervisor

Brenda Stenhouse, Receptionist

Charlotte Hampton, Receptionist

Hours of Operation

Monday-Friday

9:00am—9:00pm

Saturday

8:00am—5:00pm

Facility Amenities

- Full court gymnasium
- Banquet Hall
- Outdoor Swimming Pool
- Computer Lab
- Exercise Room
- Kitchen
- Game Room
- Multi-purpose Rooms



Stephens Community Center

3720 West 18th
Little Rock, AR 72204

(501) 603-9974

Est. March, 2001

Staff

Rochelle Burton, Facility Supervisor

Linda Bealer, Recreation Programmer

Jeffrey Lacey, Recreation Programmer

Melvin Collins, Maintenance

Robert Ford, Maintenance

Ivan Stephens, Activity Supervisor

Morgan Sampson, Receptionist

Hours of Operation

Monday-Thursday

9:00am—9:00pm

Friday

9:00am—6:00pm

Facility Amenities

- Full court gymnasium
- Game Room
- Multi-purpose Rooms



East Little Rock Community Center

Staff

Susie Matheny, Facility Supervisor

2500 East 6th Street
Little Rock, AR 72202

(501) 374-2881

Est. 1973

Hours of Operation

Monday-Friday

9:00am—6:00pm

Facility Amenities

- Full court gymnasium
- Multi-purpose Rooms
- 26 acres of open space with lighted ball fields, playgrounds, basketball courts and picnic areas



YOUTH ATHLETICS

Athletics for youth ages 3—17 is an intricate part of our community centers. It is our goal to provide various recreational athletic programs to youth in Central Arkansas. Our leagues promote recreation, sportsmanship, fun, parental involvement, competition and the basic foundation for learning how to play various sports.



Baseball

Basketball

Cheerleading

Football

Kickball

Soccer

Softball

Tee Ball

Track

Volleyball



SPRING SPORTS



Registration: January—March

Season: April—May

Soccer – Primarily devoted to the enjoyment and development of soccer players, we provide an opportunity for participants to have fun, learn the sport and develop life skills. Instructional clinics for both coaches and players are included in registration.

Track & Field – The program is designed to expose participants to the basic foundation of an active life: physical fitness, running, jumping and throwing. Participants will compete in a series of track meets and earn an opportunity to participate in the Hershey's Track and Field Championship Track Meet.

Junior Hoops – This competitive basketball league is open to Middle School and High School basketball players. The league allows participants to play with their competitive clubs, friends from other teams and lengthen their basketball seasons with a Tournament Champion crowned at season end.

Baseball – An emphasis is placed on fun, teaching of basic skills and fundamentals, team concept and sportsmanship. Community center and additional fees may be required. Instructional clinics for both coaches and players are included in registration.

SUMMER SPORTS



Registration: March—June

Season: May—July

Girls Fast Pitch Softball – It is our goal to provide girls an opportunity to learn the nation's fastest growing arena of softball. Participants and coaches will have the opportunity to participate in clinics to learn the fundamentals of fast pitch softball.

Boys Pitching Machine Baseball – It is our goal to provide an introduction to baseball. Participants will learn the basic concepts of the game while being introduced to the pitching machine.

Tee-Ball – The program is designed to introduce our youngest participants to the Tee-Ball game. The fundamental development focus will focus on hitting, throwing, fielding, batting, and base running.

Late Night Softball – It is our goal to provide a fun, challenging league for teens affiliated with YIP, Church and other organized groups to play softball.



FALL SPORTS



Registration: June—September

Season: August—November

Cheerleading – Participants are taught basic fundamentals of cheer including spirit cheers, jumps, tumbling and given the opportunity to cheer at football games. Youth participate in practices and may have the opportunity to compete in cheer competitions.

Football – We provide every participant an opportunity to play in a competitive, recreational league with emphasis on safety, fundamental instruction on tackling, running, catching, offense and defense. Participants and coaches will have the opportunity to participate in camps and clinics to assist with game preparation.

Volleyball – Youth are given the opportunity to play in one of two divisions in preparation for next level play. The fundamental development focus will be placed on bumping, serving, offense and defense.

WINTER SPORTS



Registration: September—November

Season: December—February

Basketball – Participants are taught basic fundamentals of basketball including shooting, passing, dribbling, offense and defense. The league is open to community center, church and independent teams.

League Divisions:

Select Upper & Lower Divisions

Start Smart—Pre-K Ages 3 & 4)

Small Ball—Kindergarten & 1st Grade

Jr. NBA—2nd & 3rd Grade Boys

Jr. NBA—4th & 5th Grade Boys

Jr WNBA—4th & 5th Grade Girls

Afterschool Programs

2016



Dunbar Community Center
Southwest Community Center
Stephens Community Center

Little Rock Parks and Recreation Afterschool Programs are in session during the school year, from August to June.

Our Latch Key Program provides parents an affordable program with structured activities, staff supervision, homework time, athletics, recreational activities, meal and snack times daily and on days when school is not in session.

Other Afterschool Programs include Gymnastics, Cooking Class, Karate, Hip-Hop Dance, and more.





SUMMER PROGRAMS

Summer Playground Program

Dunbar Community Center and Stephens Community Center in addition to select other locations host an 8-week Summer Playground Program for registered participants.

Program Dates:

June 6 – July 28

**Program Cost: \$90.00
one child \$25.00 for
each additional child**

Summer Teen Camp Program

Teens are offered an opportunity to participate in our 8-week Summer Teen Camp program at a select location TBD. Emphasis is placed on activities for teens and ‘tweens to participate in activities with their peers.

Program Dates:

June 6 – July 28

**Program Cost: \$90.00
one child and \$25.00
for each additional
child**

Summer Laureate Program

Southwest Community Center hosts our 6-week Summer Laureate Program for registered participants.

Program Dates:

June 13 – July 22

**Program Cost: \$90.00
one child and \$25.00
for each additional
child**



SPECIAL EVENTS

VALENTINE'S SWEETHEART PARTY

BREAKFAST WITH SANTA

SPRING BREAK BLAST WEEK

LATCHKEY GRADUATIONS

END OF THE SCHOOL YEAR PARTIES

LIGHTS ON AFTERSCHOOL SHOWCASE

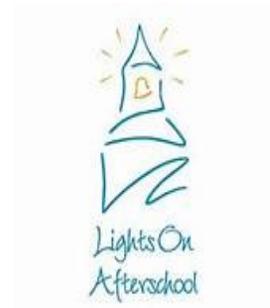
SUMMER BASH WEEK

HALLOWEEN BASH

FALL FESTIVAL

STATE PARKS FIELD TRIPS

COMMIT TO HEALTH FESTIVAL





ADULT RECREATION

ATHLETICS * INSTRUCTIONAL CLASSES * FITNESS



ATHLETICS

BASKETBALL LEAGUES

Dunbar Community Center

Open Men's Summer League

Southwest Community Center

Fall Open Men's League

Fall Open Women's League

Stephens Community Center

30 & Over Open Men's League

40 & Over Open Men's League

VOLLEYBALL LEAGUES

Southwest Community Center

Open Women's, Men's and Co-Ed League

ADULT RECREATION

ATHLETICS * INSTRUCTIONAL CLASSES * FITNESS

INSTRUCTIONAL

Beginners and Advanced Participants Welcome

AEROBICS CLASSES

Dunbar Community Center
Southwest Community Center

BOOTCAMP CLASSES

Dunbar Community Center
Southwest Community Center

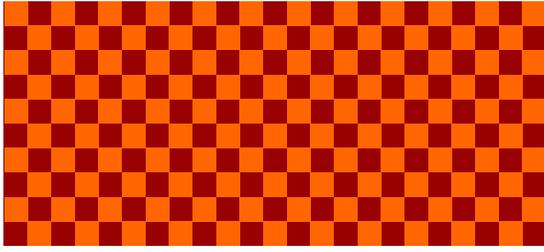
ZUMBA CLASSES

Southwest Community Center

LINE DANCE CLASSES

Dunbar Community Center





Let's Walk!

WALK FOR HEALTH



Strengthens Bones

Low-Impact

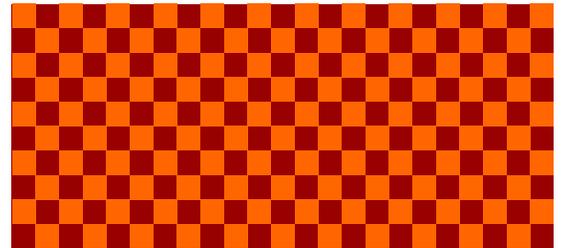
Lifts Mood

Improves Balance

Aids Weight Loss

Get in the Gym!

STRENGTH TRAIN



Fat Loss

Increase Bone Density

Improve Cholesterol & Blood Pressure

Increase Muscle Tone

Alleviate Body Pain

AGING & ACTIVE

- ◆ Meet Friends
- ◆ Socialize
- ◆ Bingo, Cards, Dominos
- ◆ Health & Wellness
- ◆ Watch TV
- ◆ Have Fun
- ◆ Exercise
- ◆ Arts & Crafts
- ◆ Field Trips
- ◆ Nutrition
- ◆ Music
- ◆ Special Activities

COMMUNITY CENTERS

SENIOR PROGRAMS

Dunbar Community Center
501-376-1084

East Little Rock Community Center
501-374-2881

Southwest Community Center
501-918-3974

Stephens Community Center
501-603-9974



Facility Rentals



RESERVATIONS

Our facilities are ideal to host your special events in a warm, friendly atmosphere.

Looking for a location for a family reunion, baby shower, anniversary celebration, wedding, reception, church dinner, business meetings, luncheons, corporate celebrations, birthday parties and much more.

Our Banquet Halls or Multi-Purpose Rooms are perfect for intimate settings or events accommodating up to 150 people.



FEES

All reservations require a non-refundable deposit and standard agreement. All reservations include tables and chairs.

Deposit: Banquet Hall - \$50.00

Deposit: Multi-Purpose Room - \$25.00

3 hour reservation minimum

Banquet Hall—\$300.00

Multi-Purpose—\$150.00

Kitchen Deposit—\$50.00

Kitchen—\$50.00



SOUTHWEST SWIMMING POOL

OPEN RECREATIONAL SWIM

SWIMMING LESSONS

KID'S POOL

SWIM EXERCISE CLASSES

DIVING BOARD

LANE SWIMMING

AVAILABLE FOR RENTALS

CITY OF LITTLE ROCK BOARD OF DIRECTORS

Mayor Mark Stodola

Vice Mayor Lance Hines, Ward 5

Erma Hendrix, Ward 1

Ken Richardson, Ward 2

Kathy Webb, Ward 3

Brad Cazort, Ward 4

Doris Wright, Ward 6

B. J. (Brenda) Wyrick, Ward 7

Dr. Dean Kumpuris, Position 8

Gene Fortson, Position 9

Joan Adcock, Position 10

City Manager, Bruce T. Moore

Assistant City Manager, James Jones



City of Little Rock

Mission Statement

Little Rock's vision is to be a leading city of the 21st Century by providing a safe and supportive environment that empowers its citizens, neighborhoods, and businesses to develop and prosper.

